



YOGIC PRACTICES AND EMOTIONAL INTELLIGENCE AS THE TRUE MEDICINE TO MAINTAIN THE INTELLECTUAL POWERS OF THE SECONDARY SCHOOL PRE-SERVICE TEACHERS

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ABSTRACT

In the present pandemic situation, human being is facing many problems related to their economic status, ethical values, day today's life, physical problem and professional issues because this pandemic has crushed the whole world and it is affecting the lifestyle, goals, relationships, attitude of the people as well as professionals like doctors, engineers, teachers etc.. It is decreasing the emotional and spiritual values among people. So in this crucial stage yoga has come as a true medicine to maintain the intellectual powers of the professionals. Yoga is practising by the whole world because yoga is considered as "controlling of the mind." It is the reunion of the body, mind and spirit. Yogic practice includes specific techniques such as "Asanas", "Pranayama" and "Dhyana". These are true medicines to attain the highest level of consciousness and to balance the emotional intelligence. Emotional intelligence consist empathy, self-control, successful relationships and self-motivation. But due to rapid change in the world, these values are decreasing. Emotional intelligence is an ability to monitor once on and other's feelings and emotions. Studies reveal that emotional intelligence is the key to success. It is necessary for teachers to balance their emotions so that they could maintain their intellectual powers. It is possible through the yogic practices that are helpful to maintain the emotions.

KEY WORDS: Yogic practices, emotional intelligence, intellectual powers, pre-service teachers.

INTRODUCTION:

Yoga is considered as the "controlling of the mind". It is also considered as the foundation of Indian philosophy and ancient technique that involves physical exercises, relaxation of the body and mind through meditation. It is a technique to balance our internal and external environment (Joseph & Fincey, 2019). Yoga comes from the Sanskrit word "YUJ" which mean "union", spiritual union of the individual soul with the universal soul (Jha, 2015). Yoga affects the aspects of our mind i.e. intellect, ego, reason and sub consciousness. These aspects make an individual empathetic, motivated and self-considered (Bulut Jakavljevic, 2011). Patanjali yoga sutra considered yoga as the central context of the yoga; Patanjali follows eight spiritual practices i.e Yam, Niyam, Asana, Pranayama, Pratyahara, Dharna, Dhyana and Smadhi that help in the internal and external purification. (Joseph, Fincey, 2019).

Yogic practices:

The root of yoga is 'Hinduism' but it is not a religion. It is a variation of methods, exercise and practice of life with religious and spiritual goals (Bulut, 2011). Yogic practices help to increase purity. The three levels of purification i.e. body, nervous system, and mind (Joseph Fincey, 2019). Yogic practices include the three basic aspects such as "Asanas" (posture), "pranayama" (breathing) and "dhyana" (meditation) (Patanjali Yoga sutra).

Asana:

Asana is referred to the sitting position. Posture is that where there is no trembling of body (Jha, 2015). It is a posture that opens the energy channels and psychic centres (Hath yoga Pradipika, 2013). Asana is a method to purify and strengthen the body (Joseph and Fincey, 2019).

Some techniques of Asanas:-

Asanas	Benefits
Padmasana	Disorder of disease, change in the metabolic structures and brain patterns, balance in the whole system of the body (Muktibodhnanda, 2012).
Swastika Asana	Induces fertility, creativity and auspiciousness, Essential for meditation, straighten the spinal cord; can pass nervous impulses freely to the brain. (muktibodhnanda, 2012).
Bhujanga Asana	Improves and deepens breathing systems, removes back ache, tones gynaecological disorder. (saraswati, 2015).
Shavasana	Useful for awareness of body and mind, revitalise the entire system of the body, useful in yogic management of high blood pressure, anxiety, cancer, hysteria and neurosis, relaxes the mind and develops dharna and dhyana (muktibodhnanda, 2012).

Meditation:

Meditation is the fixing of the mind on a definite locus. When there is one-pointedness, uniform flow – uninterrupted by any other cognitions of the contempla-

tion of the contemplated object on that locus that is meditation (Jha, 2015).

Some techniques of meditation:-

Meditation	Benefits
Mindful meditation	Treats four areas of mind: anxiety, somatication, depression and social dysfunction (Yunesian et al, 2008).
Transcendental Meditation	Effective treatment for cardio vascular diseases, effects on right orbito-frontal cortex, right thalamus, left temporal, gyrus inside the brain. Improves mental well-being and sleep pattern (Balaji, 2012).
Mantra Meditation	"Sound can help and sound can heal", activates the frontal gyrus, pre-frontal cortex, middle cortex, pre-central cortex (Tomasino et. Al. 2013) used in depression and epilepsy, remove negative thoughts, create positive energy and find peace (Mehta, 2010).
Vipassana Meditation	Reduces anxiety, increase productivity, facilitates the clarity of thoughts, concentration, better-decision making, reduce physical and psychological distress. (Chandiramani, 1994).

Emotional Intelligence:

Emotional intelligence is an ability to motivate oneself and persist in the face of frustration, to control impulse, to regulate one's mood and read and deal effectively with other people's feeling (Goleman, 2013). Emotional intelligence is defined by five elements given by Goleman i.e. self-regulation, self-awareness, social-awareness, self-motivation and empathy (Goleman, 1995).

- Self-regulation is an ability to monitor one's own emotions and to identify and name that state of emotion.
- Self-awareness is an ability to understand and recognise the personal moods, drives and emotions.
- Social awareness is an ability to manage the relationships and build rapport in the society.
- Self-Motivation means to direct one's emotions to recognise the opportunities and to achieve goals.
- Empathy is a skill to understand the emotional state of other people and act accordingly.

Relation between Yogic Practices and Emotional Intelligence:

Yogic practices and emotional intelligence is integrated as a whole; yoga teaches to regulate and control instincts in order to gain master over one's self (Joseph & Fincey, 2019). Practicing the yoga that is considered as the way of life bring

about a transformation of one's personally on the mental, physical, emotional and spiritual levels (Adhia, 2010). Emotional intelligence is equilibrium point between cognitive or intellect and emotion both can be achieved by the proper flow of energy. Emotional intelligence is accepted to be a better predictor of success than IQ both in job and life. When you are in a relaxed position, you can concentrate easily. This position will make you calm, relaxed and tension free so that you can practice yoga exercise, pranayama and meditation easily, whereas, yoga practices serve a relaxed body, Stretch muscles, eradicate the stress and anxiety and breathing process and integrate your mind, body and spirit. This integration of yoga is a gift of tranquillity for life. We can say that yoga and emotional intelligence are the two sides of same coin. Both are important for mental power, physical strength and successful life (Adhia, 2010).

Studies related to various yogic practices and emotional intelligence showed positive effect on the intellect and work as a true medicine to develop the intellectual power of the pre-service teachers (Joseph and Finey, 2019). Yogic practices enhance the capacity to manage stress effectively and improve positive mood and positive emotions like happiness, love and affection (Shah and Makhava, 2015) revealed that raj yoga meditation practice enhances emotional intelligence of the students that is helpful to maintain the mental power. (Tikhe and Nagendra, 2011) Found that yoga is helpful to enhance the emotional intelligence that shows a positive way of life with positive attitude and a good mental power (Bulut, 2011) found the results that yogic practices improve the mental and physical power of human being. Study is also concluded with the facts that different yogic practices like Asanas (postures), pranayama (Breathing) and the mudras and meditation can achieve emotional stability and increase the degree of self-awareness, self-control and calmness and balance of emotions or emotional balance as an equilibrium which means a balance of life. (Kumar, 2016) titled with "Effect of yoga on mental health of adolescents" revealed that yoga is not even beneficial for the physical health but also more important for the mental health. Meditation teaches us to be sensitive to one's physical, mental and emotional cycles. Yoga Asanas stimulate various muscles, gland and parts of the body related to states of mind. Frawly (2004) in ayurveda and the mind showed the results that yoga makes a person conscious that contains everything in the mental field in a potential. (Deekshitulu, 2015) found that use of mantra chanting reduces daily stress and increase mental health. Absence of mental pressure leaves the subject in a state of consciousness where the mind is calm and peaceful that is good for mental health. (Gupta, 2013) revealed the results that "Om" chanting releases the stress, flows the divine energy and fills a person with divine light, power, love and positive thinking.

Deorari, Aggarwal and Shukla, on the effect of surya namaskara on emotional maturity and psychological well-being and found that surya namaskara reduces the tension and enhances the level of concentration. Surya Namaskara improves both the physical and cognitive functioning areas and enables people to live their life in creative or positive way. Study is also concluded with the regular practice of sun solution which regulates right balanced energy system physical and mental level. (Kumar, V.S. 2013) suggests that the beneficial effects of yogic practices as well as as yoga based intervention in the management of emerging occupation related stress and associated hazards among force personnel. Study consisted of an integral yoga practice which included selected Asanas, Pranayamas, Prayers like; Omkar and Gayatri Mantra and Yognidra. Adhia (2010) Stated in his study that transcendental meditation effortlessly minimizes the mental activity and mind becomes clear.

DISCUSSION:

On the basis of above studies, researchers have found that yoga and emotional intelligence play vital role in the development of human as a whole. These two are not strengthening the physical power of the person but also make a person strong with his/her mental powers. Jha stated in his study that yogic practices integrate the body, mind and spirit. So, this integration is necessary for pre-service teacher to be strong with their physique and they should be able to take right decisions, feel peaceful while they are facing the problems and find the accurate solutions based on the logic. Reviewed studies found that a teacher who is emotionally intelligent can correlate his/her self-efficacy and can excel in his/her profession. Emotional intelligence of a teacher found to influences his classroom behaviour, work environment, relationship with colleagues and communication style; all these qualities reflect the good mental power of the teachers.

RECOMMENDATIONS:

- Yoga should be included in the curriculum as compulsory subject at school, college and university levels.
- There should be a professional yoga instructor to practice the yoga activities.
- Fixed time table must be followed in the school levels.
- There should be a professional counsellor at school level to check and guide for balancing the emotions.
- Teachers should be reinforced for their work and special incentives must be provided by the govt.
- Teachers should not be overloaded by the extra work because it will be an

obstacle for the teacher to complete their teaching work with peaceful manner.

- Training of 'Gratitude' should be given to the students.

CONCLUSION:

As mentioned earlier in the different studies yogic practices and emotional intelligence are working as a true medicine to maintain the mental power of the adolescents, students, teachers and people concerned with the different field, studies showed that yoga is not just a physical practice but also the way of life. Various yogic practices help in training our mind and changing our attitudes, whereas emotional intelligence helps to recognise and understand the personal mood, drives and emotions. Emotional intelligence is helpful to control the negative emotions. It is helpful to increase the patience level, happiness and affection. After consulting the different studies we reached at the conclusion both the yogic practices and emotional intelligence go hand in hand. Both are the medicines for a good, happy, healthy, creative and intellectual life. Yoga and emotional intelligence are helpful in professional setting. These will help an individual to deal with stress, interpersonal relationship improve performances, effectiveness and productivity? Currently, there are many problems that are affecting the world as a whole.

In pandemic situation and the challenging time people are becoming pessimist, feeling stress, loneliness, negativity, losing the temper, impatient behaviour, selfishness, all these are affecting the life style of people and weakening their strength. Especially, secondary pre-service teachers because they are burdened with syllabus, facing the economic crisis, extra work load in the school, this makes the teachers' stressful, anxious and impatient. Teaching through Phones, laptop online delivery of lectures, sometimes, all these have the negative impact on the personality of the teachers. If we want to make healthy, creative and productive environment in the school, college or university level, we need to introduce yogic practices in curriculum and need to practice emotional aspects to improve our intelligence to understand and manage the emotions. If yoga and emotional management will be practiced in the schools and colleges, teachers as well as students, will learn to love, live happily, become more patient, calm, creative, productive, affectionate, and will get healthy mental power.

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